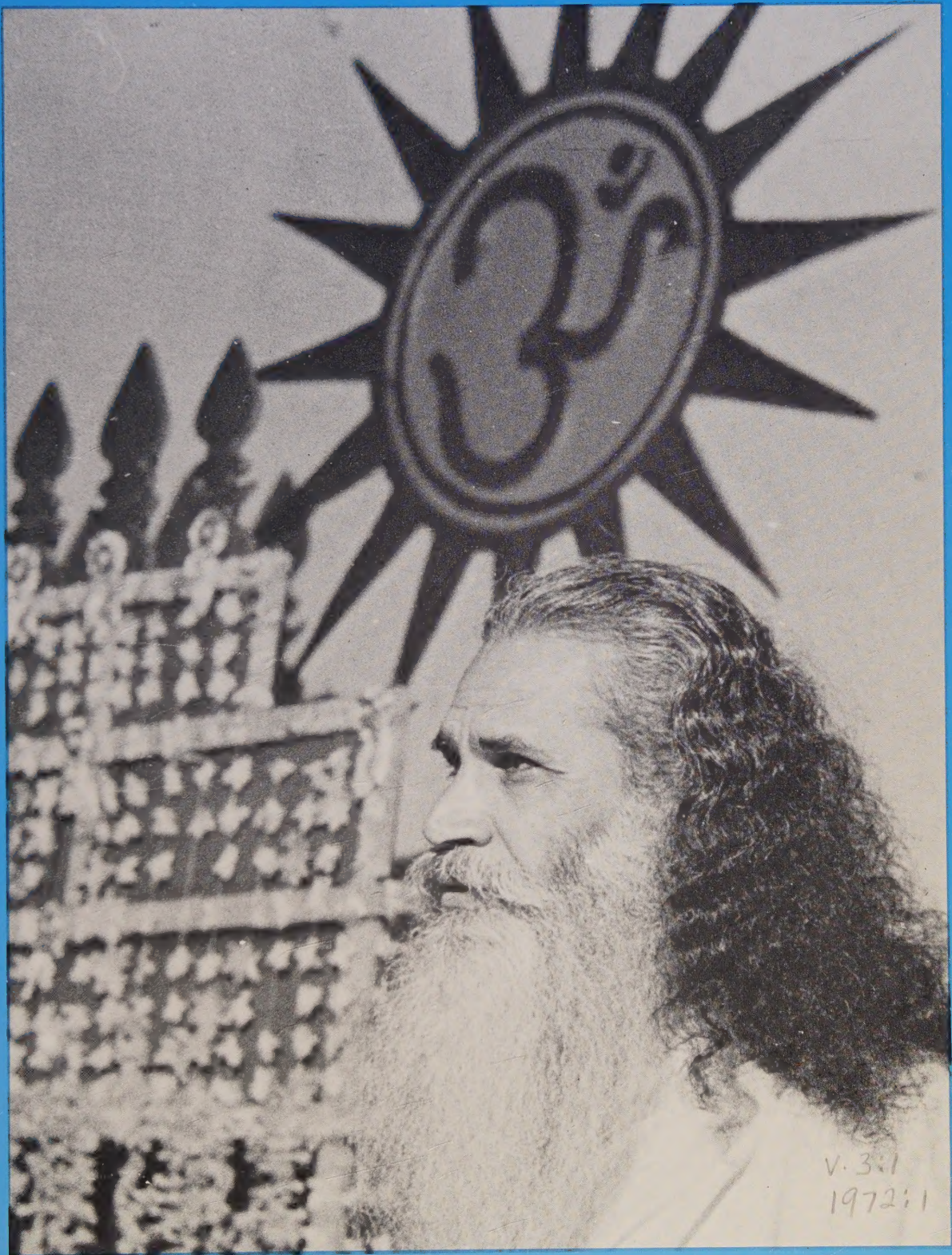


Integral Yoga

A Bi-Monthly Magazine of the Integral Yoga Institute



Light 3

Ray 13

WORDS OF WISDOM

That which is most needed
Is a loving heart.

Buddha

The grass withereth,
The flower fadeth,
But the word of God shall stand forever.

Isaiah 40

There is a polish for everything
That taketh away rust;
And the polish for the heart
Is the remembrance of God.

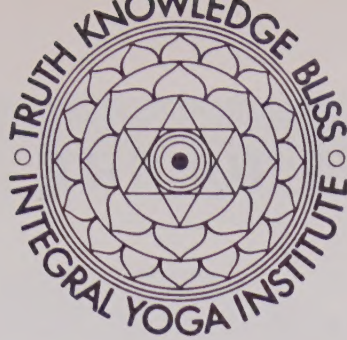
Muhammed

The truth speaks inwardly without noise of words.
It is the language of silence.
It is the subtle voice of God.
Hear this voice.

Sri Swami Sivanandaji Maharaj

Love is its own reward. When love springs from
one's heart, it nourishes it first and foremost,
even before nourishing the heart of the person
towards whom it flows.

Sri Swami Venkatesanandaji



INTEGRAL YOGA INSTITUTE

Founder-Director: Yogiraj Sri Swami Satchidananda

GOAL: Healthy body, sound mind, dynamic will, ethical perfection,
universal brotherhood, selfless service, Self-Realization.

THE WAY: Asanas, pranayama, chanting of holy names, self-discipline,
meditation, manthra japa, study and reflection.

CLASSES: Hatha Yoga, Chanting, Meditation, Lectures and Discussions.

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THOUGHT

Man is created by thought. What a man thinks upon, that he becomes. Think you are strong; strong you become. Think you are weak; weak you become. Think you are a fool; fool you become. Think you are God; God you become. A man forms his own character, becoming that which he thinks. If you meditate on courage, you will work courage into your character. So with purity, patience, unselfishness and self-control. If you think nobly, you will gradually make for yourself a noble character. But if you think basely, a base character will be formed. You can build your character as surely as a mason can build a wall, working with and through law. The mind has a 'drawing power'. You are continually attracting towards you, from both the seen and unseen side of life-forces, thoughts and influences most akin to those of your own thoughts and lines. Carry any kind of thought you please about with you, and so long as you retain it, no matter how you roam over the land and sea, you will unceasingly attract to yourself, knowingly or inadvertently, exactly and only what corresponds to your dominant quality of thought.

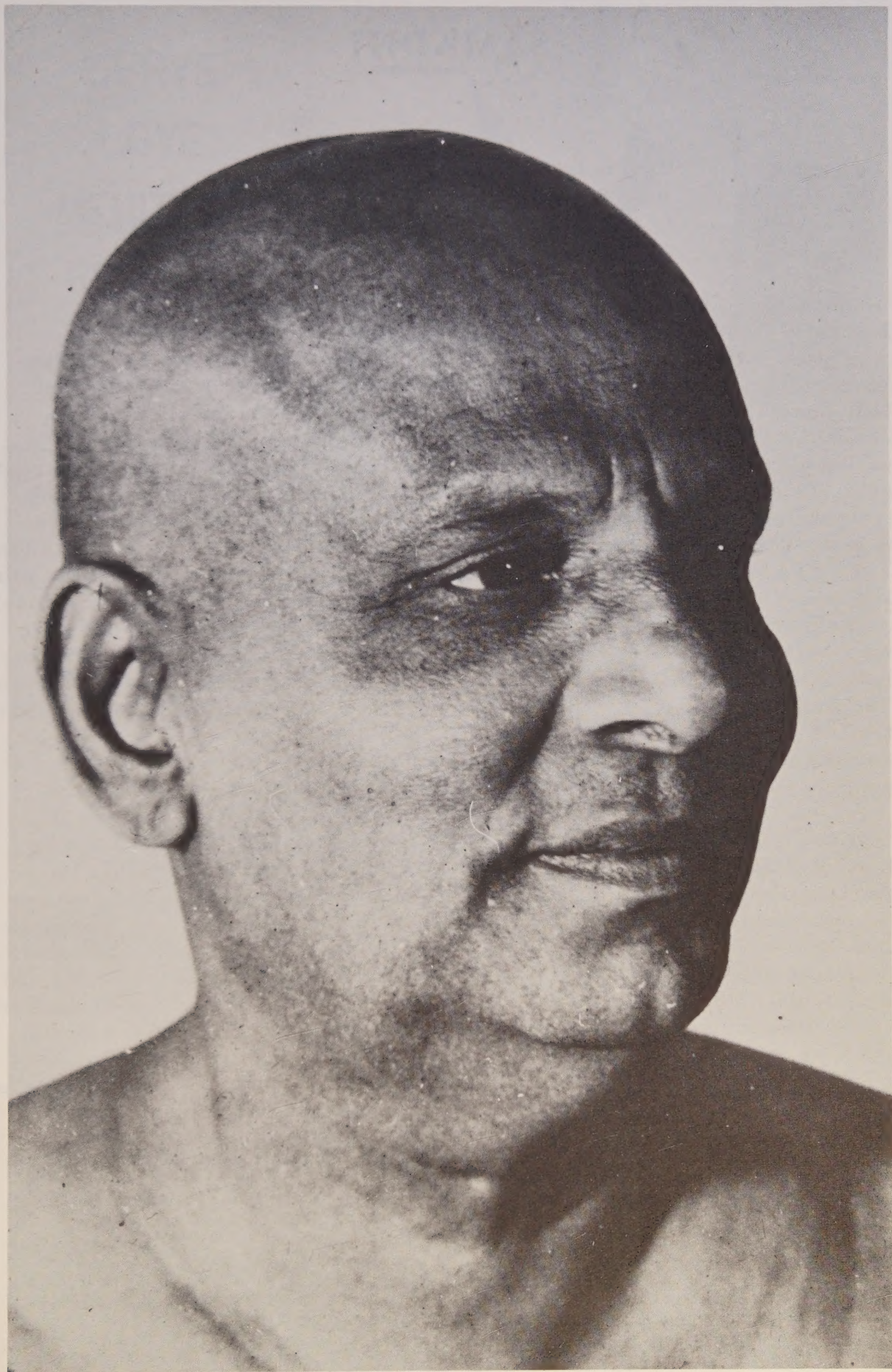
Thoughts are your own real children. Be careful of your progeny of thoughts. A noble thought will bring happiness and joy to you. An evil thought brings misery and trouble to you. Just as you rear your children with great care, so also, you will have to rear good sublime thoughts with great care.

Thoughts lead to action. Evil thoughts produce evil actions, while good thoughts generate good actions. Thought is the source of all action. Thought is the real Karma and thinking the real action... Control your thoughts. Just as you retain only good fruits from the basket and discard the bad ones, so also, keep good thoughts in your mind and reject the evil ones. Wipe out lust, greed and egoism. Entertain only pure thoughts. Though this is a difficult task, you will have to practice this. No pains, no gains... Keep the mind fully occupied and evil thoughts will not enter. An idle brain is the devil's workshop. Watch the mind every minute and always engage yourself in some work.

Thoughts are like the countless waves of the ocean. You may become desperate in the beginning. Some thoughts will subside, while others will gush out like a stream. The same old thoughts that were once suppressed may again show their faces after some time. Never become despondent at any stage of practice. Inner spiritual strength will gradually manifest in you. You can feel this and are bound to succeed in the end.

Sri Swami Sivananda

Sri Swami Sivanandaji Maharaj



SAMADHI

"By the total surrendering to God
with devotion, samadhi is attained."

(II:45 Yoga Sutrash of Patanjali)

Very often, I am afraid of using the name "God" alone, for it is very much misunderstood and misinterpreted. The moment you say God, people think that there is somebody sitting in a corner and pulling all the reins on one side and the whip on the other, driving everyone crazy. It's not that. Let us know what God really means; let us give him the right place. God is not just a king sitting somewhere waiting to punish you. It is the natural law, the Cosmic law, the Cosmic consciousness, or the World at Large--the very world itself is God. The more you give yourself into the world, the more you give yourself to God.

Even if you want to say that there is really a God quite apart from you and me, sitting outside somewhere on a big throne, He doesn't need your dedication. Your dedicated actions are not going to help Him much. It's not that if you don't cook some food and offer it to Him, He will die of hunger. So then, what is the meaning of dedication? God doesn't need your services, but the world does. Dedicate yourself to the whole world, to your fellow beings and all living beings. Everything lives; everything grows, continues to stay, and dies. And if you probe a little more into the nature of the world, you will come to the conclusion that God Himself

is the world.

If you say that God created the world but the world is different from God, the question arises, "From what did He create the world?" Out of matter? Who created the matter then? There must be some basic substance to create something. The only answer is that God Himself manifested as the world; He created the world out of Himself. There is an example given in the Hindu scriptures: God created the world just as the spider creates its web. The spider produces the yarn for the cobweb from himself--he doesn't have to use a piece of cotton. The spider creates the string and comes down it as it swings here and there. When he catches a wall or anything, he ties a knot and then produces another string. Suppose he swings down and doesn't catch hold of any place? He swallows the string and goes back up. God created the world like that; He produced the world out of Himself and when He wants He will absorb it back. He becomes a little extroverted and later on becomes introverted. So that is why our dedication must be to the world, because the world is nothing but God.

Service to others is service to God. Work is worship. So whatever you do outside can be easily transformed into worship by your

SERVE
LOVE
MEDITATE
REALIZE

तत्त्वमसि

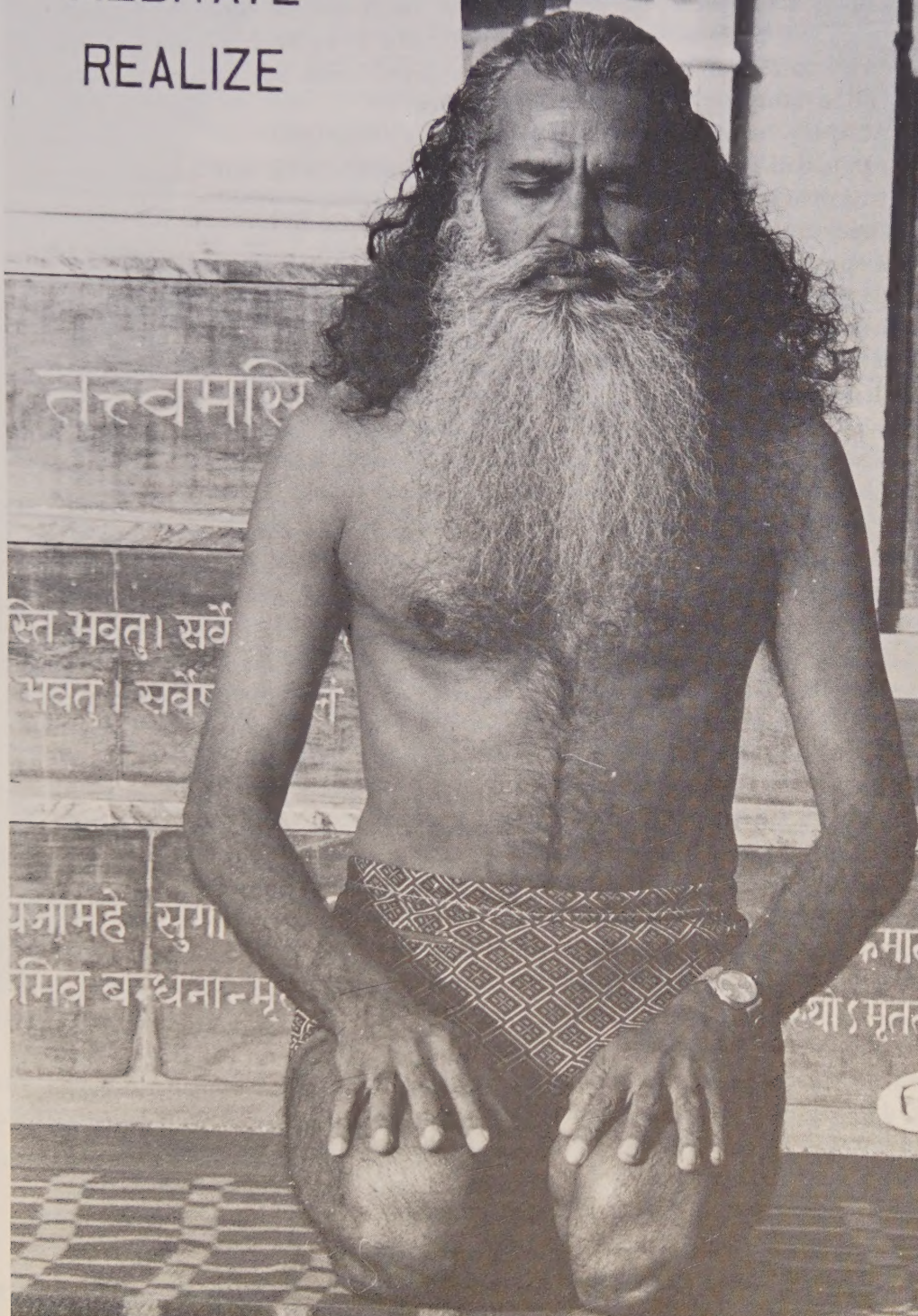
स्ति भवतु। सर्वे
भवतु। सर्वे

प्रजामहे सुगा

मिव बन्धनान्म

मात्मवित्।

मृतत्वमेति ॥



attitude. You do everything with the idea of serving God, serving humanity and the world. I don't stop with the word humanity because you can serve everything. You can serve a table or chair if you don't pull and drag it mercilessly; take it gently and put it down. The chair cries but we don't have the ears to listen to it. Anything you handle roughly will feel the pain, not only human beings. There should be a gentle, soft and Yogic touch with everything. Swami Sivananda used to say, "Convert every work into Yoga with the magic wand of your right attitude." So that is dedication, service, and the benefit you attain is samadhi.

Many of you are interested in "instant" samadhi. You can have it right here and now--the moment you dedicate yourself completely. That is the meaning of the prayer, "O Lord, I am Thine, All is Thine, Thy will be done." Let all my actions be Thy will, let Thy will be done through this instrument. Once you dedicate everything like that, you are a renunciate. You have nothing to possess mentally and you have nothing to worry about. All the worry is due to our possessions, our attachments. It's a mental detachment, not a physical one. You can possess things physically, but mentally you can be detached. Externally you can appear to be a person with attachments, but within yourself you should not have the least attachment. What for? For your own sake, for the sake of your peace and joy. That is samadhi,

the continuous samadhi. Don't think that samadhi means going and sitting in a corner, forgetting yourself and keeping the body like a rock, getting into some sort of coma. Real samadhi means tranquility of mind--equanimity. That is possible only when you dedicate everything, when you are free from all kinds of attachments.

So Patanjali is not exaggerating the benefit--scriptures can never tell lies, not even white lies to create interest. Particularly Patanjali--he is a scientific man. But how can our egos leave us like that? We want everything. If a person is interested in peace, why should he have wants and possessions? They can never go together. No religion, no prophet, no saint has so far said that one can have peace and at the same time have wants. A desireless mind, a mind free from everything, a mind that is naked will have peace. Only by dedication, only by giving away, says the Bhagavad Gita, can you have unending peace. You can give everything to the world, to the society, to the community or your fellow man, or do it in the name of God.

Just this one sutra alone is enough for us to think about and to act on. We need not read many books, just one sutra, one line is enough. May we all attain that state of continuous samadhi, of tranquility and complete dedication. Om Shanthi, Shanthi, Shanthi.

Adapted from a talk by
Sri Swami Satchidananda

A MEDITATION

Relax your body. Sit comfortably so that you will not have to move for a while. Try to keep your spine erect, chest a little spread out, and feel the weight of your body right on your seat. Find the center of gravity and just be relaxed. Close your eyes. Concentrate on your breath and begin to breathe deeply; exhale fully and inhale deeply a few times. Have slow and deep exhalations and inhalations. Let the mind follow the breath; forget the entire outside world and let the total awareness be on your breath now. Slowly, we are going to go into the very source of the individual personality. Do not put any effort into your breathing but just allow the breath to flow normally. The breath may be very short and shallow but continue to follow it.

Listen to your breath. If you listen carefully, you will be able to hear the sound "So-Hum". "So" when the breath flows in, "Hum" when the breath flows out. It may be difficult in the beginning to hear it, but as the attention gets drawn inward you will hear the breath repeating it. You need not repeat it yourself--just listen to that and you will be able to hear that sound. After practicing this for some time, you may begin to hear a humming musical note within you. Constantly listen to this hum. This is part of the cosmic vibration. By concentrating on this inner vibration, you are in tune with the cosmic sound. That is why you are able to feel peace and bliss. Let there be a complete void except for this musical note. By remaining in this state, you are sending out powerful peace vibrations that travel all over the globe and influence other minds, even restless minds. In this very high state of silence we have forgotten all our differences; we feel that we are One. You will be feeling very light; you will have transcended your body, and you will feel that you have expanded and lost your individuality temporarily to be one with the cosmic mind.

After sitting for some time in silence, slowly direct your attention towards your breathing and gently make the breath a little deeper. Continue to deepen the breath for a few minutes and then close the meditation with chants:

Asatho Maa Sath Gamaya	Lead us from unreal to Real
Thamaso Maa Jyothir Gamaya	Lead us from darkness to Light
Mrithyor Maa Amrutham Gamaya	Lead us from death to Immortality

OM Shanthi, Shanthi, Shanthi

OM Peace, Peace, Peace

Lokaa Samastaa Sukino Bhavanthu

May the entire world be filled with peace and joy.

COMMUNITY SERVICE

This is the second in our series of articles on IYI Community Service. Community service is one way for us to share the benefits we have all received from the practice of Yoga. It is our way of putting into practice part of our daily chants: May the entire world find peace and joy.

Washington, D.C.

The Washington IYI teaches classes each week at the Lorton Complex, a federal prison (see last issue, "Jail Yoga"). In addition, two newer programs of Yoga therapy have begun at the Northern Virginia Mental Health Institute and the Francis Drewry Mental Health Clinic. The following account is written by the teacher of the Lorton classes:

The students in our community service programs are angry, scared, bitter, sad, captive, addicted, and tense. Some have abandoned self-esteem, resigning themselves to dissipation and delapidation. Some are coiled tight; their filaments burning thin and hot. The classes begin in restlessness, tension; anxiety thickens the air.

Most classes in other situations begin with chanting. Somehow, the chant feels blocked; skip it. Go on to eye movements. The students' eyes dart around. It seems difficult. Keep them short and simple. Next is the Sun Worship, more complicated. Better

simplify it, at least for a few weeks. Just bend and stretch. The asanas are reduced--only a few poses, very short, very simple. The deep relaxation, usually the "dessert" of a hatha class, is delicate here. Too much silence brings their minds active again. Keep it short, slow and easy. Pranayama: deep, slow, full breaths.

An inspiration--do some Brahmari, simple humming on the exhalation. Then just close your eyes and ears, humming. The sense of well-being increases. The class has reached some unity. Peace and relaxation, a sense of harmony, love; the class feels good.

"We can have some chanting now. Just repeat whatever I chant." These words surprised me a little, yet they came from my own mouth.

Ram Ram Ram Ram
Ram Ram Ram Ram
They repeated. They sound good. They like chanting. We chant and chant, faster and faster, until we laugh and play with Ram. Then slower and heavier, almost in lament. Easier and softer and

we glide into peace and silence.

Hartford, Connecticut

We OM together. The class ends with enthusiasm for next time, questions, promises, appreciations. We relaxed together; we plan to grow together.

Brahmachari Dorji

The Hartford IYI teaches weekly Hatha Yoga classes at the Bridge of Education Resource, Inc. This is a pilot program to change the educational system and fulfill the human needs of high-school-age youth. It is a thera-



Photo from the Hartford Courant

Class at the State Correctional Institution in Cheshire, Conn.

peutic group supported by a federal grant and the Yoga classes are considered very useful by the staff. For the students, it is a great benefit just to know that Yoga is there for them every week. The Bridge is not a drug crisis center, but a place to talk out and work out problems. About 90% of the people who come take drugs frequently; they are generally restless and have a hard time in class sitting still and concentrating on one thing. However, after class there is a good, peaceful feeling. Students ask about Swamiji. Those who looked glum are more peaceful and less cynical than when they walked in and plan to come again.

An eight week course consisting of Hatha Yoga classes followed by discussions was given at the State Correctional Institution this Fall. The objective of the class was to bring the inmates, all 18-21 years old, to a deeper inner awareness, to experience a peace that transcends environment and circumstances and to see the possibility of this peace in their daily lives. The class was a very positive experience and was looked forward to by all who attended.

Dallas, Texas

The Dallas IYI has been teaching at the Fort Worth Drug Treatment Center, a methadone clinic, since last April. In addition to the methadone patients, members of the staff and the general public take the class. Two Hatha Yoga classes are given each week, one followed by a discussion, taped lecture, or chanting and meditation. Many miserable and hardened people

have found relief through this program, the only one of its kind in the Dallas-Ft. Worth area.

New Jersey

The New Jersey IYI has been working with the Morris County Drug Agency giving classes in the Spanish community of Dover to help establish better relations with the Spanish speaking people. The classes are for 4-10 year olds and 11-25 year olds. Discussions on various topics are conducted after each class.

Another program is with the Mayor's Council on Narcotics in Jersey City. This began in February of 1970. After each Hatha class a discussion was held and then a small meal served to the students. They learned to cook the food through the discussions on nutrition and some have recently started their own bakery.

Los Angeles, California

The Los Angeles Institute began teaching at Las Palmas Girls Correctional School in September, 1970. The class is attended by a dozen girls who are members of the recently started Yoga Club. These Hatha Yoga classes are a part of the prison reform program.

An inmate of the Terminal Island Federal Penitentiary requested Yoga instruction and a small class began last October. Another class began at the same time at the Gateway Psychiatric Hospital. About fifteen patients, ranging in age from 16 to 60 years, participate in the Mental Health Program.

TIRUVALLUVAR

Many times Swamiji begins a quotation with the words, "As the great South Indian saint, Tiruvalluvar, says...." In South India, where Swamiji grew up, Tiruvalluvar holds an unshakable position of love and reverence. He is the author of Tirukkural, a book which by itself is called the Tamil Veda. Kural refers to the book's short verse form, and Tiru means wise. So it could all mean "little spark of wisdom". Among its wisdom, it sets forth the ideal life of every member of society, from Sannyasi to king. More than just this, however, it seems to weave the whole world into its fabric.

LOVE

by Tiruvalluvar

Where is the bolt that can close in the gates of love? The gentle tear drops that form in the eyes of lovers are sure to proclaim its presence.

Those that love live not for themselves: as to those that love, they will give their very bones for helping others.

They say it is to taste again of love that the soul has consented once more to be encased in bone.

Love makes the heart tender towards all; and tenderness yields that priceless treasure called friendship.

The blessing of the blessed, they say, is nothing but a reward of the gods for a nature that had been full of loving-kindness in the past.

' They are fools who say that love is for the righteous alone; for even against the evil-minded love is the only ally for a man.

Behold how the sun burns the boneless worm; even so does Righteousness burn the man that does not love.

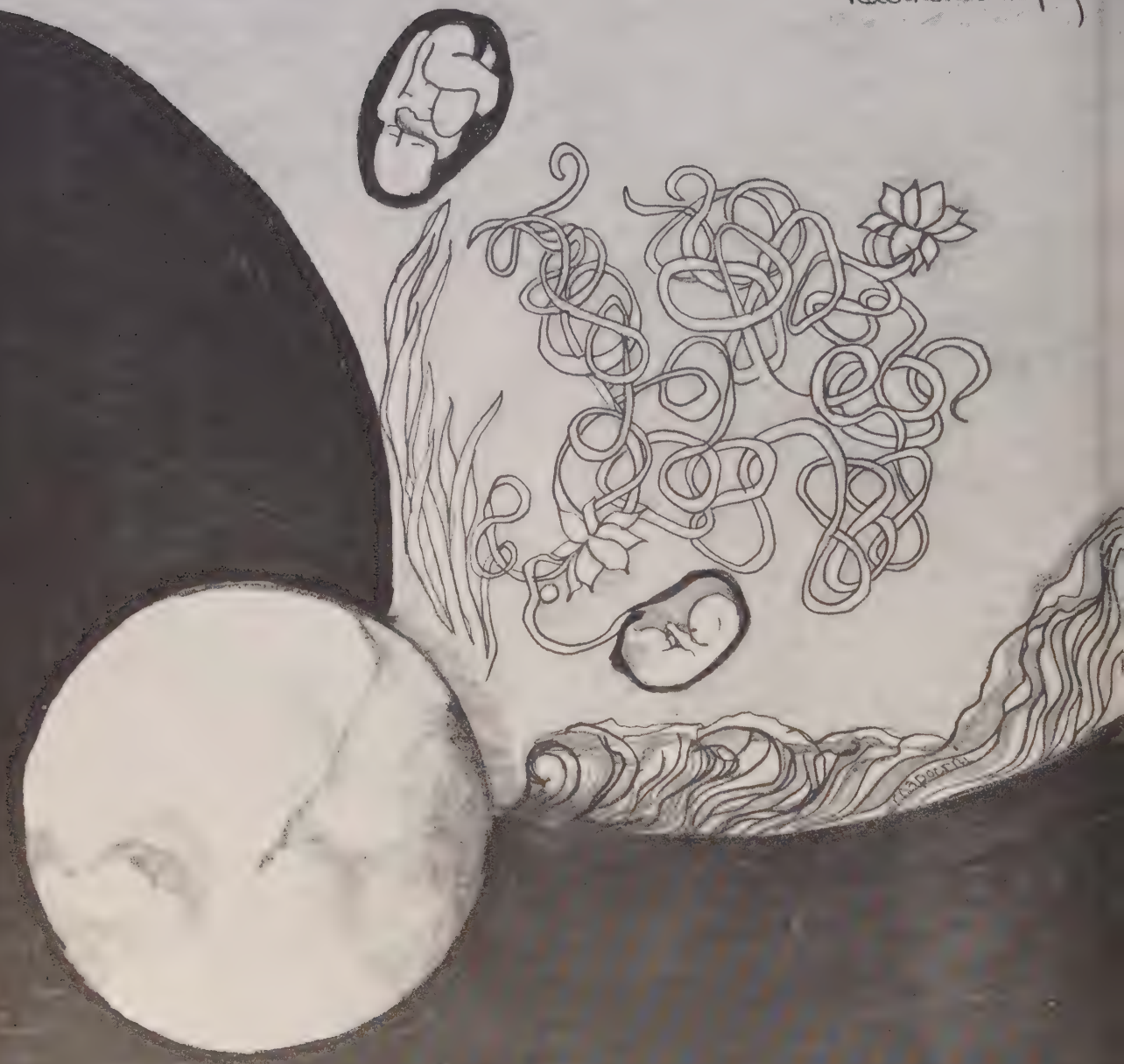
Behold the man whose heart knows not what love is; he will know prosperity only when the dead tree of the desert puts forth leaves.

What avail is a lovely outside, if love, the soul's ornament, has no place in the heart?

The seat of life is in Love; the man who has it not is only a mass of skin-encased bone.

32 The same stream of life that runs through my veins night & day runs through the world, and dances in rhythmic measures. It is the same life that shoots in joy through the dust of the earth in numberless blades of grass, and breaks into tumultuous waves of leaves and flowers. It is the same life that is rocked in the ocean-cradle of birth and of death, in ebb and flow. I feel my limbs are made glorious by the touch of this world of life. And my pride is from the life throbbing of the ages dancing in my blood this moment.

Rabindranath Tagore



EVOLUTION AND REINCARNATION

By K. Balachandran Nayar
(originally published in ACC ENT
magazine in the pen name Jijnasu)

Dr. Khorana and Dr. Nirenberg recently cracked the 'genetic code', the system of correspondence between the nucleotide sequence in DNA (of which the genes are made) and the amino-acid sequence. The deciphering of this genetic code will help to understand the mechanism of making the great variety of protein molecules in a living being according to the instructions coded in the DNA molecules. This will eventually give man the power to control the biochemical reactions in the body, thereby controlling disease and specific morphological characteristics.

Molecular biology, like nuclear physics, has thus opened up new possibilities for man either to improve himself or degenerate. But can these discoveries, as some people believe, solve the great mystery of life? In fact, molecular biology and nuclear physics have only deepened the mystery further. If a chemist manufactures life in a test tube, will it solve the mystery of life? As C. E. M. Joad observes, "It is not life that would be manufactured by chemists, but only the material which is capable of receiving it."

The Mahatmas and the Electrons: Those who believe today that the grand phenomenon of

life can be explained as a mere by-product of a particular combination of matter are in the shoes of the 19th century physicists who believed that the basis of the whole universe and life was the 'hard, mindless, solid atom' which was alone, according to them, the 'bedrock of reality'. But soon this 'bedrock of reality' cracked to open a new world of electrons and protons. This new world before science is a mysterious one with an elusive nature. It is said that when an electron jumps from an inner to an outer orbit, it does not appear to pass over the intervening space between the orbit of departure and the orbit of arrival. About this peculiar behavior Professor Whitehead says, "The electron seems to be borrowing the character some people have assigned to the Mahatmas of Tibet." That is, appearing and disappearing at will. Some modern physicists attribute 'free will' as the cause of this mysterious behavior of the electrons. The Nobel-Prize winning physicist Erwin Schrodinger says that the inability to explain this behavior "is not merely a practical inability, but is due to the actual nature of things. Thus something like free will is postulated as the basis of natural phenomena."

That something which is capable

of 'free will' and is the basis of all natural phenomena must be in the nature of consciousness. Max Planck who evolved the Quantum Physics says, "I regard consciousness as fundamental. I regard matter as derivative from consciousness: Everything that we talk about, everything we postulate as existing requires consciousness."

Sat-Chit-Ananda: Thus as fundamental to matter and life there may be something in the nature of consciousness. This is an old concept of ancient Indian thinkers. According to them, matter itself is the grossest form of an intelligence emanating from an Eternal Consciousness. When matter aggregates to form human beings, it is only a more free expression of the same Intelligence. The Eternal Consciousness from which all the natural phenomena emerge and into which they finally remerge, is in its essence Eternal Being (Sat), Consciousness (Chit) and Bliss (Ananda). The idea of the intelligence emanating from the Eternal Being and taking the grossest form of matter and evolving into higher forms of life is a very old Indian concept. Swami Vivekananda says, "Intelligence undergoes modification and becomes the gross matter. This again merges into intelligence, and thus the process goes on. Indian philosophy, however, goes beyond both intelligence and matter and finds a Purusha or Self, which is beyond intelligence, of which intelligence is but the borrowed light."

From Freedom to Freedom:

Thus matter and life are not two fundamentally different phenomena. They are different phases of expression of the life stream, with different levels of intelligence, acquiring more and more freedom through evolution till it reaches the absolute freedom and bliss of the Eternal Being. "What is this universe? From what does it arise? Into what does it go?" asks an inquirer in the Upanishads. And the great answer is, "In freedom it rises, in freedom it rests, and into freedom it melts away." Life is conceived of as an adventurous journey from Beatitude to Beatitude...

New Views of Evolution: Known as the 'pilgrim of the future' and 'the patient prophet of biology', Teilhard De Chardin, the great French paleontologist, ... sees in the progress of evolution a definite purpose, that is, a progressive expression of a psychic and spiritual factor, which in the stage of man is able to liberate itself from the limitations of the body.

Evolution according to Patanjali: The sage Patanjali, the ancient Indian scientist who systematized the great psychological science of Yoga, had a more fundamental knowledge of organic evolution than our modern scientists. In a simple aphorism he says: "The evolution of one species into another takes place by the filling in of nature." This was written many centuries before Darwin postulated his theory of organic evolution. By this Patanjali means

that even a uni-cellular amoeba is a potential man or god or even the ultimate Eternal Being. By its very nature it is all powerful but at its stage its greater faculties are in a potential condition only. One species evolves into a higher species by the "filling in of its very nature", thus gradually translating its potentialities into more active expression. This, according to Patanjali, is the true nature of evolution. Man acquired a developed mind and intelligence by the "filling in of nature". By conscious effort he can further "fill in nature" and evolve into a god.

The modern biologists Teilhard De Chardin, Julian Huxley and others tend to fully support sage Patanjali's view about evolution. In the introduction to Teilhard De Chardin's book, The Phenomenon of Man, Julian Huxley writes, "The different branches of science combine to demonstrate that the universe in its entirety must be regarded as one gigantic process, a process of becoming, of attaining new levels of existence and organization, which can properly be called a genesis or evolution.... He (Teilhard De Chardin) likes to use a pregnant term homonisation to denote the process by which the original proto-human stock became (and is still becoming) more truly human, the process by which potential man realised more and more of his possibilities."

The lower forms of life with their level of 'mind' do not have the freedom and faculties of human mind because these faculties are 'beyond their mind'. So also ordinarily man cannot imagine a state of consciousness with its greater freedoms and faculties which is beyond the realm of his own 'mind'. That is why he is perplexed when a Yogi says that to experience the higher truths one has to outgrow the mind.

New Dimensions: The evolution of this 'filling in' of nature takes place by the influence of an unconscious psychic urge. Creatures evolve and acquire new freedoms. In man, this evolution has reached a new dimension. He has acquired the intellect, and he has the freedom to influence nature and also the remarkable power of discrimination. These are all new faculties. But the march of evolution does not stop with man. A superman, or let us call him god, we can logically assume, will possess newer powers. The future evolution lies in the expansion of human consciousness.

Earnest A. Hooton says, "Up to 30,000 years ago man could boast a proud evolutionary record, but since then no physical improvement has occurred in the human species." This view supports the ancient knowledge of the Indian sages that the present structure of the physical body of man is a suitable instrument for

his future evolution, that is, the expansion and evolution of his mental and spiritual faculties. He is required to make conscious efforts to achieve this, and the urge to do so is inherent in him.

Reincarnation: In its onward evolution the human consciousness may leave its material body, again acquire a body, and keep on evolving like this till the full 'nature is filled in' to acquire the absolute freedom of SAT-CHIT-ANANDA.

In this evolving journey, the ego may exist without the gross body in a different space-time order before taking up another gross body. It may be difficult for us to reconcile with these old concepts, but as the modern thinker Joad says, "The notion of a non-material form of life acting upon and using material bodies is no longer so difficult to sustain as it was when the older physics held sway."

The theory of reincarnation postulated by the ancient Indian thinkers was a part of a grand evolution of an Ego through gross and subtle realms to perfection. Lord Krishna says in the Bhagavad Gita, "As a man discards his worn-out cloths, likewise the embodied soul enters other new bodies, casting off the worn-out." Thus the life-stream's advancement to full consciousness takes place

through hundreds of species, through partial and fuller expressions, and through death and rebirth.

Sub-human Evolution: According to Indian thinkers a subtle psychic matrix evolves gradually in the plant and sub-human animal kingdom, which transmigrates from one species to another. This transmigration of sub-human consciousness takes place through the vehicle of a rudimentary subtle body which also continues to evolve. This subtle body is the medium in which sub-human consciousness continues to exist in the subtle worlds (also called the astral plane) before they take new material forms.

It is said that intermingling and merging of subhuman psychic matrix takes place in the most rudimentary life forms till an ego--with its organs of perception and mind--is gradually formed in higher organisms having more well-organised subtle bodies. Then the Ego takes the human form. The human Ego together with its mind and intellect is called an embodied soul. The soul's progress then takes place generally through human incarnations only. This march of the human soul to newer freedoms and fuller consciousness takes place through falls and rises mainly ruled by the law of Karma (cause and effect).

Two Bodies: Thus man is said to have two well-organised bodies, one subtle and the other gross. Therefore, he is comparatively a free entity both in his gross and subtle realms of existence. In fact, his gross body and subtle body seem to be loosely interpenetrated. Even while dwelling in the gross body, the subtle body may leave the physical body and can come back to it again.... Advanced Yogis, it is said, can travel in their subtle body at will.

stage of man is reached, this forward march takes place through a general psychic urge. But with man the situation changes. With his new faculties and higher level of consciousness, he himself is required to consciously strive for his future evolution. The urge is always within him. His sense of beauty, his thirst to know more and learn, and his spiritual quest are all great forces within him which always compel him to make efforts to 'fill in nature' and thus acquire newer freedoms.

Significance of Spiritual Quest: Thus the evolving consciousness acquires newer freedoms and newer faculties during its progress. Till the



Never does hatred cease by hating; hatred ceases by love.
Let us live happily, then, not hating those who hate us.
Let us live free from hatred among men who hate.
Let us live happily, then, free from ailments among the ailing.
Let us dwell free from afflictions among men who are sick
at heart.
Let us live happily, then, free from care among the busy.
Let us dwell free from yearning among men who are anxious.
Let us live happily, then, though we call nothing our own.
We shall become like the bright gods, who feed on happiness.

From the DHAMMAPADA

The Flower Sermon of the Sun:

I saw it rise
 Silently
As it spoke to me
 Through silver rays
 And warmth
 And laughter
It watched the birds
 Skim over white foam
And pointed to them
 With burning hands
 And sparkling eyes
 And parted lips

The sun rose as if
 The Buddha held it
 In His hand
 And silence reigned.

Aikya

INDIAN HERITAGE

We grew up with the legends of "cowboys and Indians". But most of us were never shown the highly spiritual culture of the American Indians that we so easily dismissed as primitive and so quickly destroyed to lay the foundations for our more "civilized" society. These writings express what we once rejected--now it seems that the circle has come full swing as the injustices of our own society have forced us to look for something closer to the Indian way of life.

In the life of the Indian there was only one inevitable duty--the duty of prayer--the daily recognition of the Unseen and Eternal. His daily devotions were more necessary to him than daily food. He wakes at daybreak, puts on his moccasins and steps down to the water's edge. Here he throws handfuls of clear, cold water into his face, or plunges in bodily. After the bath, he stands erect before the advancing dawn, facing the sun as it dances upon the horizon, and offers his unspoken orison. His mate may precede or follow him in his devotions, but never accompanies him. Each soul must meet the morning sun, the new sweet earth and the great silence alone!

Whenever, in the course of the daily hunt the red hunter comes upon a scene that is strikingly beautiful or sublime--a black thundercloud with the rainbow's glowing arch above the mountain; a white waterfall in the heart of a green gorge; a vast prairie tinged with the blood-red of sunset--he pauses for an instant in the attitude of worship. He sees no need for setting apart one day in seven as a holy day, since to him all days are God's.

Ohiyesa,
Santee Dakota
physician & author

The great sea
Has sent me adrift
It moves me
As the weed in a great river
Earth and the great weather
Move me
Have carried me away
And move my inward parts with joy.

Song of Uvavnuuk,
Eskimo

A LESSON

Every moment of Swamiji's life is a great lesson for those who are fortunate to witness him. One is always amazed at how intently he concentrates on the smallest detail of whatever he is doing, rarely leaving the job until it is perfectly finished. He sets the perfect example of all that he teaches. It is easy to be amazed at seeing this holy and revered figure hard at work repairing a car engine, screwing in a door handle or designing some utensil to make a job easier. And he often adds to that amazement when he smiles so beautifully and quietly tells us that doing these simple things--perfectly, with love and concentration--is just as important to him as meditation. That is his meditation.

Recently he was working in the garage building something and he needed a few nails. He had recently bought new nails at the local hardware store, yet he took the old nails he had pulled out of the wood and started pounding them with a hammer to straighten them for reuse. As he pounded, he told how his father had taught him to do that as a child. It was his job to straighten the old nails, soak them in alcohol to remove the

rust and store them neatly. Occasionally he would hit his thumb with the hammer and sooner or later his father would notice his bandaged finger. His father would tell him that he must have been resenting having to do that job today and that is why he hit himself. Because when one does things with all joy, one does them perfectly with all love, concentration and ease. It is only when one does things a bit unhappily and the mind is thinking of other things that all the mistakes come in. Slowly looking up and smiling he said, "And so when I see my children making mistakes, I know that there is some tension or unhappiness in their minds and they are not quite happy in their work, is it not?"

Om Shanthi,

Shanthi Norris

WHAT IS YOGA?

Yoga to us simply means 3 S's:

SERVICE
SILENCE
SURRENDER

The purpose of life is to know God. God is everything. He has become the mountain and the ocean, the river and the forest, the prince and the pauper, the ugly and the beautiful.

He is everything. If He is everything, let us serve Him by serving everything. Let us walk gently lest we hurt Mother earth. Let us breathe with love. Let us thank the trees and plants for all their kindness. Let us be kind to the people we meet. Service develops awareness of God. Service makes one conscious of God. Service is the surest way to love God.

But why don't we look at everything kindly? Why do we keep forgetting that God is everything?

The reason is that body, senses and mind wander in all directions. Senses run after the objects of senses. Mind wanders here and there and the body follows the dictates of the mind. All these impurities prevent us from seeing God--not only in everything, but even in ourselves. Only when the mind is perfectly calm, the senses and the body under perfect control do we feel that He has become everything. Silence is purity. Only

when we are completely Pure do we feel Oneness. But God is very clever. Even in perfect silence He hides Himself from us. Sri Ramakrishna used to say that He is like the Granny playing the game of hide-and-seek with her grandchildren. We are all His playmates. He blindfolds us and hides Himself. Then He asks us to find Him. It could be fun playing this game with Him. But we can get tired too of searching for Him here, there, and everywhere but still not finding Him. What do we do? We do not want to drop out of the game but at the same time we are tired; so we cry and tell Him that we are tired. When we cry, when we totally surrender, He will remove our blindfold and the game will come to an end.

It is only when we surrender that He reveals Himself to us. As Christ said: "Ask, and it shall be given you; seek and ye shall find; knock and it shall be opened unto you."

Devendra and Louise Chawla

Children's Corner

The Brear and
the Mouse

Once in the land of the animals there lived a most auspicious and wondrous brear. Brown, stuffed (accent grave), of wondrous stature (4 3/4 inches overall) and fearsome to behold, ruler of the plains and hills of the ancient kingdom.

As happens in such stories, a visitor from afar in the shape of a small rodent appeared at the royal Brear palace. Ushered in by the royal eel and most gracious elk, the royal minister, the small rodent gave indication of wishing to speak with the ruler brearself.



As chance would have it, only the previous night His Righteousness had dreamed a marvellous dream, one of fairies and gold, princesses and flowers afield, and a small brown mouse in a purple cape and high black boots. This mouse had given and taught him the secrets of the ages, the essence of the wise, and the beauty of the highest. It was an unbelievable vision of light and purity that he beheld. Brear immediately summoned yon rodent to his seat on high.

Rodent: Oh glorious and most auspicious Brear, ruler of the land and provider of all. I have this day come to thee from afar, a country of little known, to pay tribute to thee and give thee our humble offering.

Brear: Just this evening past I had a vision of thee, oh little mouse. Welcome. May your land abound in prosperity and goodness.

They immediately hit it off and spent the next few days walking about the royal court, tails interlocked, munching peanuts and sunflower seeds with honey. The rodent, being a messenger, had to return ere the new moon, only one day after, so Brear arranged a royal banquet in his honor. At the dinner, mouse shared with all the royalty the stories of his own country, gave samples of his own cheese and nuts. It was a lovely evening.

On the morning of the departure, rodent gave the Brear the secret essence of his teachings and then departed. It was a small pouch with three nuts inside, a bit of cheese, a white flower and a small book with these words:

The provider has given you these.
Save one nut for yourself, and one for your family.
Give one to the poor.
And the cheese to the noble.
Gaze on the flower and offer it to the holy man.
Fill this pouch again and pass it along.

Padma and Siva Wick



WHAT PEOPLE SAY...

Swami Satchidananda and Yoga have changed my life. They have effected a change in my health through the combination of the better diet I have begun to follow and the beneficial postures of Hatha Yoga. They have effected a change in my state of mind through the practice of meditation which directs the mind away from the external distractions of life and towards the inner Self wherein lies true peace and tranquility.

I am concerned in my work and in my life with helping people know and understand each other, there-

by easing some of the tensions and erasing some of the misunderstandings which are the root of so many of our world's troubles. Yoga, as introduced to me by Swamiji, has helped me to begin to know myself, the first step toward an understanding of others. For this I will always be grateful to him as will, I am sure, the many others who have been fortunate enough to come under his influence.

P.M., New York

WHAT THE PRESS SAYS...

At dawn one day earlier this week a 37-year-old woman sat motionless on a mat deep in meditation. Normally this would not be surprising as Sister Maria, a member of a contemplative order of Roman Catholic nuns, usually rises early to begin her day of prayer. In this case, though, the spiritual overtones were a bit unorthodox. She was practicing Yoga.

Sister Maria is one of a growing number of nuns, priests, and brothers who say that the discipline of Yoga can deepen their prayer lives and enhance their practice and understanding of Christianity.

"Deep prayer always involves transcending the body and the senses," she explained. "Yoga is a definite help in doing this. It helps to relax the body and mind and integrate your whole person."

Yoga can be embraced for physical exercise, but on a deeper level it is seen as a means of bringing the individual into contact with God and the ground of being. For this reason, it is gaining popularity among young people, especially

former drug addicts, as a sort of non-ideological substitute for organized religion.

No one knows how many Catholic religious are "into" Yoga, although the number is certainly in the hundreds. Many nuns are now attending Yoga institutes and retreats and then returning to instruct their fellow sisters in what they have learned.

Several sisters noted a certain irony in the effects of Yoga on Catholic religious. Whereas the trend since Vatican II has been toward liberalizing the strict regimes of monastic living and emphasizing personal freedom, those that are into Yoga find themselves returning to practices such as fasting and rigorous prayer.

"What we're seeing is the inner renewal that Pope John wanted when he convened the Council," said Sister Agnese Therese. "We're being pushed to discover our deeper roots. It's like looking at a beautiful diamond from a different angle."

Edited from a New York Times article appearing July 2, 1971

NEWS in BRIEF

Swamiji--

On December 1st, Mr. & Mrs. Huffstatler, who were Swamiji's hosts during his Texas stay, along with all the Texas children, gave Swamiji a beautiful send off. The plane touched down at the L. A. Airport, and there the entire West Coast children were waiting for him. They had rented a beautiful home with a scenic view of the sea in front and mountains in the back. Based there, Swamiji visited all the West Coast centers and gave many talks and Satsangs. Public talks were given in Los Angeles, San Francisco, San Diego, Santa Barbara, and Santa Cruz. In Oregon, in spite of pouring rains, large enthusiastic crowds packed the halls both at Eugene and Portland to hear Swamiji. At the 7th International Cooperation Festival in L.A., Swamiji gave the closing talk. At another large gathering at the Masonic Auditorium in San Francisco, organized by the "Meeting of the Ways", people heard Swamiji's universal message.

There were many special events including the Jayanthi celebration at the Unitarian Church in San Francisco on December 22 with entertainment and a glowing tribute given by Rabbi Shlomo Carlebach. Not only the adults celebrated; there were a large number of babies crawling all over the platform picking up flowers and fruits and occasionally offering them to Swamiji. Other events included a tour of the prospective Yogaville West; a beautiful wedding for 12 couples simultaneously; the Christ-filled Christmas day at the San Francisco IYI where Santa Claus Swamiji sat under a big tree, prayed and meditated,

and threw presents to everyone. That night Swamiji was on the radio show "Questions and Answers with Santa Claus, Swami Satchidananda" programmed by the Meeting of the Ways. Two large fund-raising dinners were held in L.A. and San Francisco for the benefit of Yogaville West and two large initiations were also held.

At a three-day retreat in Santa Barbara, directed by Swamiji, the participants began their New Year. Aren't they blessed?

A reunion took place between Swamiji and the well-known Lama Govinda at a dinner given by Mrs. Ruth Dennison in her beautiful home. Also present were Sri Yogi Bhajan and Leland Stuart, the executive director of the International Cooperation Council.

By mid-January, the dear Father Ryle flew Swamiji in a private plane over the golden mountains to Grass Valley to share him with his parishoners, who were seemingly drinking his wisdom.

Leaving their entire home at his disposal during Swamiji's stay in San Francisco, beloved Ishwaran and Brahmi moved out to live elsewhere.

We all know very well the technician Swamiji. The Vandenberg Space Station is near Santa Barbara. He didn't miss the opportunity. He visited it twice, saw the outer space programs and the launching of Heos-A2 spacecraft. At the same time, you should have seen and heard him launch his inner space satellite to those space men.

February 1st, Swamiji left L.A. airport to stop in Boulder for a program sponsored by the IYI. He also visited Kansas City, Columbia and St. Louis Missouri for public programs organized by the Columbia, Missouri

Yoga group. After ten weeks, Swamiji was once again in the midst of his East Coast children on February 5.

IYI New York--

December brought two large Yogaville fund-raising events: a 3-day Bazaar and an Arts Festival. In January, our attention was drawn more inward in an effort to reorganize the Institute and Ashram. Twelve full-time workers are now located in one common space in the basement to aid in communication and understanding. An additional space there is being set aside as a classroom. In the Ashram itself, rooms are being reorganized to provide more pleasant surroundings and one room for quiet study and meditation is being prepared.

Many programs are continuing at present and the second Integral Yoga Course class will begin in early March at both uptown and downtown centers. A 3-day retreat run by our own teachers was held Feb. 11-13 in Connecticut. We are especially looking forward to a proposed 10-day Easter retreat with Swamiji. Please let us know if you are interested.

Special programs were given recently at St. Joseph's Academy, Christ the King High School, Adelphi University, The School for Ethical Culture and the Okano Dojo Karate School, which resulted in a course being set up for karate students. The United Nations course has grown successfully to three classes a week. Another Hatha Yoga Course is starting at Bucks County College and in New Hope, Pa. An Integral Yoga Course class is being offered at CCNY as well as a Hatha Course. Classes have also been given at the Creative Institute in New York City.

Finally, Integral Yoga Natural Foods is opening its doors at 227 West 13th Street. If you feel hungry, please drop by. God bless you.

IYI Hartford, Connecticut--

Swamiji's Jayanthi was celebrated here on December 19 with readings by participants from Guru Tattwa on the aspects of the Guru, music, chanting, and a meal. A Christmas kirtan was held December 22 and on New Year's Eve a well-attended Sadhana program was highlighted by a meditation to peacefully enter the New Year. Also held in December was a beautiful Satsang with Rabbi Gelberman.

Interest in Yoga is growing here in the form of doubled class attendance since September. Many lecture demonstrations have been given and interest has also manifested in the form of a devoted and active membership. Classes have been going at the Institute of Living, the second largest mental institution in the country. Our regular outside classes continue. An active Yogaville committee meets regularly and has already completed two successful projects.

IYI Detroit, Michigan--

Swamiji's Jayanthi, Christmas, Chanukah and the Detroit IYI location anniversary were celebrated on December 22. A new series of courses began on January 8--the demand was so great that three sections for Beginner's classes were set up.

Programs have been held recently at local high schools--Shrine, Mott, Redford Union, Southfield, Cousino and Clarenceville, and at Lowery Jr. H.S. Several DARTE (Drug Abuse Reduction Through Education)

programs were held with Southgate Community School District and Dearborn YMCA. Other programs were held at the House of Prayer and a Coffee Hour at the University of Detroit.

May we continue to grow in Love.

IYI New Jersey--

The Institute has had to move from the house in Convent Station due to a legal problem concerning a zoning violation. The headquarters and living quarters for full-time workers has moved to our other center at 5 Clark Street in Garfield. We are now looking for a large, 10-15 room house with 2-6 acres of land, as well as a temporary residence to rent where we can all live as a family.

The third series of course classes have begun in Raja Yoga and Vegetarian cooking. Teachers Training has started with 8 interested candidates and a children's class has also started. Lectures have been given at Rutgers University, Morris County College, St. Elizabeth's College, Fairleigh Dickinson, Union College, St. Aloysious Academy, and Cedar Ridge, Cresskill, Passaic and Clifton High Schools.

New Community Service programs have been started with the Sisters of Charity and at the Medical Center and Christophers House in Jersey City (drug rehabilitation).

The IYI has started a bakery to service the Institute and local stores. Various fund-raising projects are being scheduled such as a vegetarian Indian dinner with entertainment and the Annhurst movie.

We send you all love and happiness which Swamiji infinitely gives all of us.

IYI Dallas, Texas--

Our six-day Thanksgiving Yoga retreat with Swamiji was attended

by 130 people and was an incredible success. Everyone learned, grew, and worked together in peace and harmony. Swamiji gave two public lectures during his stay; one at Southern Methodist University to a crowd of 700 people, and the second at the University of Texas in Austin. Gurudev was with us for 11 days, the longest Dallas has been blessed by his visit.

Recent activities have increased and classes are growing both in and outside the Institute. Talks and presentations have been given at Southern Methodist University, Ursuline Academy, the Dallas Mental Health Clinic, the Texas Rehabilitation Clinic, and the Suicide Prevention Commission. A class from Perkins School of Theology visited the Institute, taking a Hatha class and then joining us for supper and a taped lecture by Swamiji.

Work continues on the IYI Natural Store. We are preparing for our Grand Opening. The store will carry a complete line of Organic goods as well as a juice bar, crafts, and clothing. The Dallas family continues to grow in the love and light of our Beloved Master.

IYI Los Angeles, California--

Swamiji gave public talks in Los Angeles at the First Unitarian Church and the University of Southern California. He also gave a beautiful talk to close the International Cooperation Festival, a harmonious gathering of over 100 spiritual, experimental, and humanitarian groups. Swamiji was interviewed by Channel 52 on a youth-oriented program called "Headshop". Finally on January 30th we had a dinner for the benefit of Yogaville West with over 100 people, beautiful entertainment and Swamiji.

Our ideal home and Ashram which

we have been renting for the past 2 1/2 years has been sold. Much energy is now being devoted to finding a new home for the Institute. (We have found an ideal house and may have solved the problem by the time of this printing.)

A full schedule of classes continues at H. E. L. P. Restaurant and public classes are offered in Venice, Santa Monica, Malibu and Sherman Oaks as well. In the U. C. L. A. Experimental College we have Hatha, Raja and Integral Yoga Lifestyle classes. Special programs are offered at Las Palmas Girl's Correctional School, Terminal Island Federal Penitentiary, Gateways Psychiatric Hospital, Sanctuary Health Spa, Palisades High School and East-West Cultural Center.

Swamiji left California on February 1st, but even in the absence of his form, his everpresent light and love illuminate the way for us.

IYI San Francisco, California--

On December 22, Swamiji's Jayanthi was celebrated at the First Unitarian Church with about 500 people attending. The next day, Swamiji led about 50 people on a tour of the hot springs retreat in Lake County. On Christmas eve, in San Rafael, Swamiji married twelve couples in a beautiful Indian ceremony. That evening, Swamiji held Satsang with the household members of the California Institutes and helped decorate the tree. There was a reading of the Christmas story in Luke, the San Francisco Choir offered two joyous songs, and Swamiji answered questions for many hearts. On Christmas day he was with us again, opening and giving gifts Santa style.

Righteously bringing in the New Year with Swamiji, 160 persons attended a 3-day retreat in the mountains of Santa Barbara. We pray that together we may serve humanity in the New Year.

IYI Berkeley, California--

While visiting the Bay Area Institutes, Swamiji gave a talk at the Berkeley Newman Center. At the Christmas party in San Francisco with Swamiji, we performed an original play called "The Apple Tree", based on Swamiji's parables.

January was a busy month for us with the starting of four new course classes at the Newman Center. Colleges in the area are showing an interest in Yoga and we hope this will lead to an increase in classes. We are also becoming more and more involved with fund-raising for Yogaville West.

Om Shanthi Om.

IYI Boulder, Colorado--

The IYI has recently moved to new teaching facilities with a full schedule of classes. Outside classes continue and work is presently being done with the new mental health department in Boulder. Classes began there in February. At the time of this printing, we are excitedly awaiting Swamiji's visit to Boulder.

Integral Yoga Groups:

Austin, Texas--

Hari Om! The Austin family wishes to announce its existence and to send its love and greetings to all our brothers and sisters. We have been growing slowly but steadily since last April when

the Dallas IYI began teaching classes here once a week. Those Thursday night events became the center of our weeks just as Swamiji soon became the center of our lives.

We are beginning our own weekly schedule of classes and events. We plan to eventually start a combination bakery-crafts-herb shop. Our doors are always open (501 W. 12th, Austin) and we welcome your company. May we all serve Swamiji with light and gladness in our hearts.

Portland, Oregon--

We are but a small seed planted here last April by our Beloved Swamiji. We are presently teaching four Hatha Yoga classes which are attended by 40 people each week. There are now two teachers, so more classes will be available. Our work, besides the Hatha classes, has mostly centered on drug rehabilitation.

We were part of an Alternative Lifestyle Festival along with many other Yoga groups. Our group gave public Hatha Yoga classes and showed a video tape of Swamiji. The festival was a great success and clearly showed us that Yoga is not just standing on your head but seeing the Oneness of us all. May we all see that Oneness.

Columbia Missouri--

Our asana-meditation room at Help Your Self Center is being remodeled as we begin our second year of classes. We presently hold five classes a week and hope to increase our service soon.

We had a Jayanthi celebration and Family Night together that helped to bring us closer to one another. Two talks were given to a Psychology of Personal Adjustment class at the University of Missouri. A presentation of the Yoga Head Program was given at Missouri United Methodist Church. As a result, one of us was appointed to the Board of Missions to work with their growing interest in drug rehabilitation.

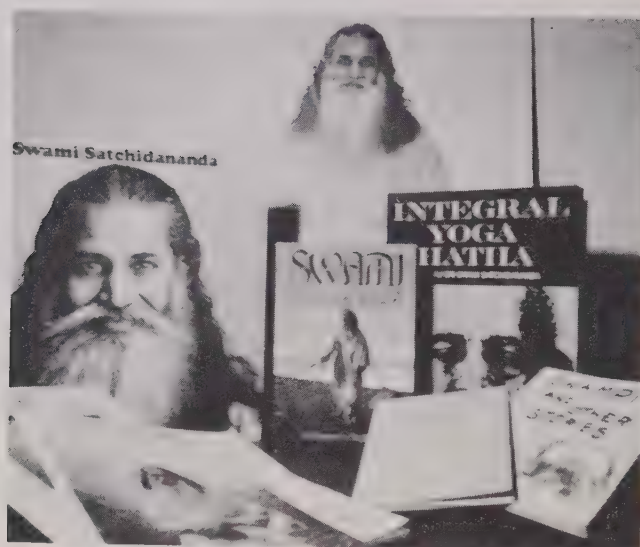
As we are near the center of the U.S., we hope to serve as resting place for traveling IYIers. Our new address is: 901 Range-line (phone:(314) 442-3605).

In early February, Swamiji made his first visit to the Midwest. Three days of love, peace and darshan! He certainly brought an early spring to many hearts.



AFTER LANDING: Swamiji talks to eager devotees at Laguardia Airport

AVAILABLE AT ALL IYI's



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<u>Swami Satchidananda His Biography</u> by Sita Wiener		\$6.45

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<u>Integral Yoga</u>	a bi-monthly magazine	1 yr. subscription	\$3.00
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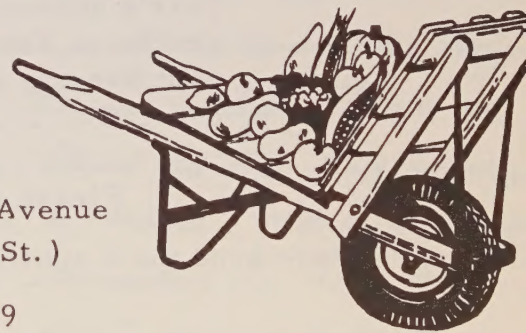
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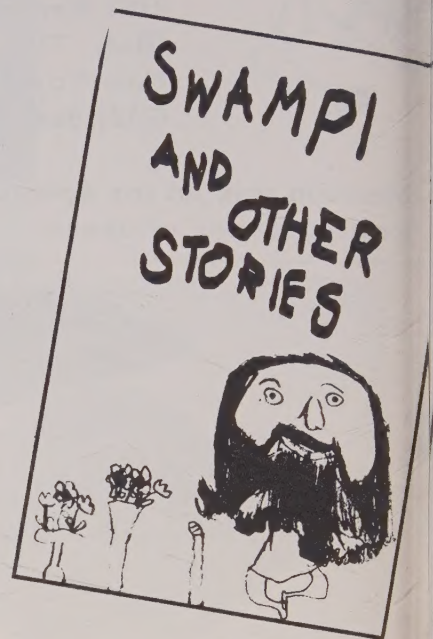
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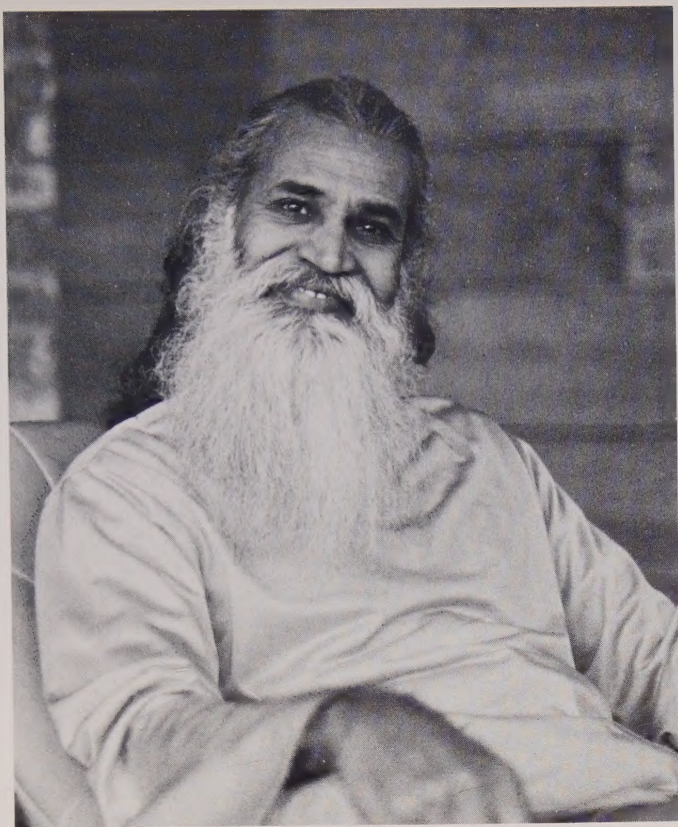
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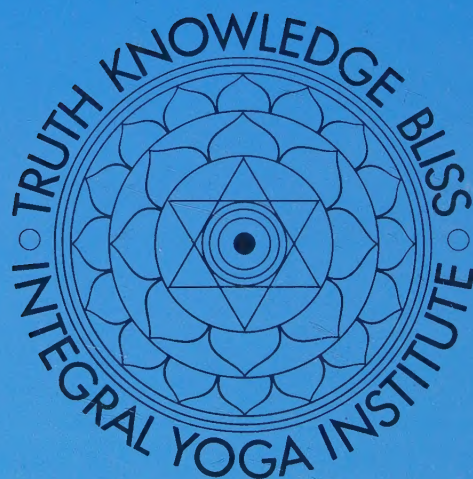
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yourself with the instruments - the body, senses and mind.
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ties and different conditions to limit and to colour the rays
of your omnipresent and omnipotent True Self. That is
the binding factor - the ego, the 'I' feeling. That is the beginning
of that adds hundreds and thousands of mine, mine & mine
of that you call mine are the 'mines' similar to that are
used in warfare. The more mines you have around you
the more you are in danger. Every minute they are exploding
you and more and more are waiting to explode to stop
you from further progress. That is why the scriptures say to
convert all your mines as 'Thine'. Feel that you and all
yours belong to All, to God, to Guru and not to you
and to your ego. Then there is nothing to bind you. Then
you realise that you are eternally Free. Om Shanti.

Swami Sachidanand



an IYI publication